APPENDIX I - SAMPLE POLICIES

GENERAL POLICIES

California Sample Policies
http://www.cdph.ca.gov/programs/cpns/Pages/WorksiteFitBusinessKit.aspx

FLEXIBLE WORK TIME

Alternative Work Schedules - Centers for Disease Control and Prevention
http://www.cdc.gov/nccdphp/dnpao/hwi/downloads/alt_work_schedules.pdf

PHYSICAL ACTIVITY POLICIES

Policy Supporting Physical Activity
http://health.utah.gov/hearthighway/pdfs/ExcerciseRelease.pdf

Physical Activity and Healthy Eating Policy - North Carolina Division of Public Health
http://www.eatsmartmovemorenc.com/PhysicalActivityAndHealthyEatingPolicy/PhysicalActivityAndHealthyEatingPolicy.html

Food and Physical Activity Worksite Policies - San Bernardino-Riverside Counties Health Collaborative Netcom III
http://www.co.san-bernardino.ca.us/eatwell/desert_sierra_health_network/worksite_wellness_toolkit_policies.htm

NUTRITION POLICIES

CA Healthy Meeting Policies – Snacks, Meals and Physical Activity Breaks
http://www.cdph.ca.gov/programs/cpns/Documents/Network-FV-WP-HealthyMeetingPolicies.pdf

MN: University of Minnesota School of Public Health: Guideline for offering healthy foods at meetings, seminars, and catered events
http://www.sph.umn.edu/img/assets/9103/Nutrition_guide.pdf

CO: Guidelines for offering healthful food alternatives at meetings, company functions, and health education events (Page 34)
http://www.cdphe.state.co.us/pp/copan/resourcekits/WorksiteWEllnessResourceKit.pdf

NC: Eat Smart Move More North Carolina: Guidelines for Healthy Foods and Beverages at Meetings, Gatherings, and Events
http://www.eatsmartmovemorenc.com/HealthyMeetingGuide/HealthyMeetingGuide.html

CA Vending Machine Food and Beverage Standards
http://www.cdph.ca.gov/programs/cpns/Documents/Network-FV-WP-VendingMachineStandards.pdf

Sample Vending Standards
http://www.welcoa.org/pdf/vendingcriteria.pdf

CA Healthy Dining Menu Guidelines
http://www.cdph.ca.gov/programs/cpns/Documents/Network-FV-WP-HealthyDiningMenuGuidelines.pdf

Physical Activity and Healthy Eating Policy - North Carolina Division of Public Health

http://www.eatsmartmovemorenc.com/PhysicalActivityAndHealthyEatingPolicy/Texts/061012_proclamation.pdf

Sample Healthy Foods Policy - Eat Smart, Move More North Carolina
http://www.eatsmartmovemorenc.com/NCHealthSmartTlkt/Texts/ES_AppB%20SamplePolicy.pdf

Food and Physical Activity Worksite Policies - San Bernardino-Riverside Counties Health Collaborative Netcom III
http://www.co.san-bernardino.ca.us/eatwell/desert_sierra_health_network/worksite_wellness_toolkit_policies.htm

Choosing Foods and Beverages for Healthy Meetings, Conferences and Events
Centers for Disease Control and Prevention
http://www.cdc.gov/nccdphp/dnpa/pdf/healthy_Worksite_Food.pdf

Healthy Vending: Recommended Beverages and Snacks
The Alabama Department of Health Nutrition and Physical Activity Unit
http://www.wbgh.org/pdfs/healthy_vending.pdf

LAUSD Healthy Beverage Resolution-Approved Beverage List - No Junk Food
Organization
http://www.nojunkfood.org/vendors/healthy_bev_list.html

TOBACCO POLICIES
Policy prohibiting tobacco use anywhere on property.
http://www.cdc.gov/tobacco/research_data/environmental/etsguide.htm

100 percent Smoke-Free Workplace
http://www.mihealthtools.org/work/100_PERCENT_SMOKEFREE_POLICY.PDF

Smoke-Free Workplace with Designated Outside Smoking Areas
http://www.mihealthtools.org/work/Designated_Outside_Smoking_Areas_Policy.pdf

CDC Tobacco-Free Campus Policy **-** Centers for Disease Control and Prevention
http://www.cdc.gov/nccdphp/dnpao/hwi/downloads/CDC_tobacco_policy.pdf

BREASTFEEDING
Establish workplace policies & programs that promote breastfeeding:
www.dhs.wisconsin.gov/health/Nutrition/Breastfeeding/BF_FriendlyComm/SampleWorksiteBFPolicy.pdf

Developing a Breast Feeding Workplace Policy
California WIC Program
http://www.cdph.ca.gov/programs/breastfeeding/Documents/MO-BF-WorkPolicy.pdf

Lactation Support Program
Centers for Disease Control and Prevention
http://www.cdc.gov/nccdphp/dnpao/hwi/toolkits/lactation/index.htm

Sample Mother-Friendly Worksite Program
Texas Department of State Health Services
http://www.dshs.state.tx.us/wichd/lactate/mother.shtm